

Raw Veganism - Challenge Starter

How I found raw veganism to be Easy, Clean and Effective.

My journey into raw veganism was hard mentally to begin because I freaked about not preparing hot food! What am I going to eat? Let me tell you to Get Over That, I know the rule of thumb for going raw is a cooking temperature should not exceed 118* F. However, once I started to mentally plan for the process I found it very easy to process that rule and rewarding because my kitchen, food and mind was so clean. I was being guided on this journey by a sound heart and that feeling is amazing. To help assist with your challenge below I documented a few steps I took to get started.

- 1) Know what being raw is about and do independent research - I was ignorant about what I could have raw and I only focused on the fact my food was no longer cooked. There are plenty of support groups and recipe sites dedicated to raw living on social media. You have to do independent research, You have to find support and You have to be mentally prepared. Your taste and journey should be specific to your needs.

- 2) Shopping list and household must have - Now that you have a feel for recipes build a shopping list. I'll share a few must have items below but go hard on veggies. Also, you must have a food processor. I did survive without a food processor on my first challenge but I also had a Vitamix. Let me say the food processor made my life amazing;) Recipes were on point and easy!
 - Spinach - Smoothies and Salad
 - Romaine - Wraps and Salads
 - Banana - Overnight oatmeal, Snack and ICECREAM ☺
 - Apples - Overnight Oatmeal, Juice, Salads
 - Ginger - Juice, Salads, Salad Dressings, Smoothies
 - Nuts - Snack, Salads, Raw Deserts
 - Oils - Coconut oil and Olive oil must haves
 - Peppers - Give any salad a nice color and crunch
 - Others - Cucumbers, Carrots, Onions, Oranges, Melons, etc...

- 3) Meal Planning is essential; your mind will trick you because everything raw can be prepared in about 10 minutes! Heck, it's easy to pick up a banana and run. However, you need more than 1 banana when you're out here in these streets all day. I've done it and trust me I've become unable to talk too until I got to food in my system. My typical raw day planned...
 - Breakfast - Overnight Oatmeal with Chia seeds and your favorite topping!
 - Snack - Sweet Banana (2)

- Lunch - Banging Salad
- Snack - Nuts and Celery
- Dinner - Raw Wrap

These are just a few lessons I've learned that's straight to the point and can get you started. Remember being raw is more than not cooking your food it's preparing it in a way that helps your mind, body and spirit work more efficiently and effectively for you.

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